MEDIA CONTACT:

Train for a 5K with Garmin Coach – free adaptive training plans from Garmin®

OLATHE, Kan./July 10, 2018 – Garmin International, Inc., a unit of Garmin Ltd. (NASDAQ: GRMN), today announced Garmin Coach, free training plans to help beginner to intermediate runners reach their 5K goal while adapting to suit their performance. Through Garmin Connect™, users can choose from three race goals before selecting one of three running coaches – Jeff Galloway, Greg McMillan and Amy Parkerson-Mitchell – to guide and motivate them. From there, step-by-step workouts can easily be synced to a compatible Garmin watch[1] and will adapt based on the user's performance in the plan.

Garmin Coach training plans support entry-level runners hoping to complete their first 5K to intermediate runners looking to improve their pace, up to an 8-minute mile. The process to get started is simple:

1. Choose from one of three goals – run a 5K, run/walk a 5K, or run a 5K with a pace goal.
2. Add details including fitness level, workout days and desired completion date.
3. Choose from one of three coaches to guide the experience:
    - Jeff Galloway, Olympian and best-selling author
    - Greg McMillan, physiologist and running coach
    - Amy Parkerson-Mitchell, physical therapist and running expert

Once a plan is created, runners can view videos and running tips from the coaches, as well as in-depth articles about nutrition, running form and more in Garmin Connect. Garmin Coach is available to vívoactive 3, Forerunner 645, Forerunner 645 Music, Forerunner 935 and fēnix 5 customers with support coming to additional devices.

Garmin Connect is a free online fitness community that allows users to analyze training progress, set and track goals, and share activities with other Garmin Connect users or on social media sites[2]. Relive a run, evaluate heart rate, compete on segments and join online challenges for extra motivation to reach fitness goals.

[1] Compatible with vívoactive® 3, Forerunner® 645, Forerunner 645 Music, Forerunner 935 and fēnix® 5 devices
[2] Available Garmin Connect features depend on model of device used